

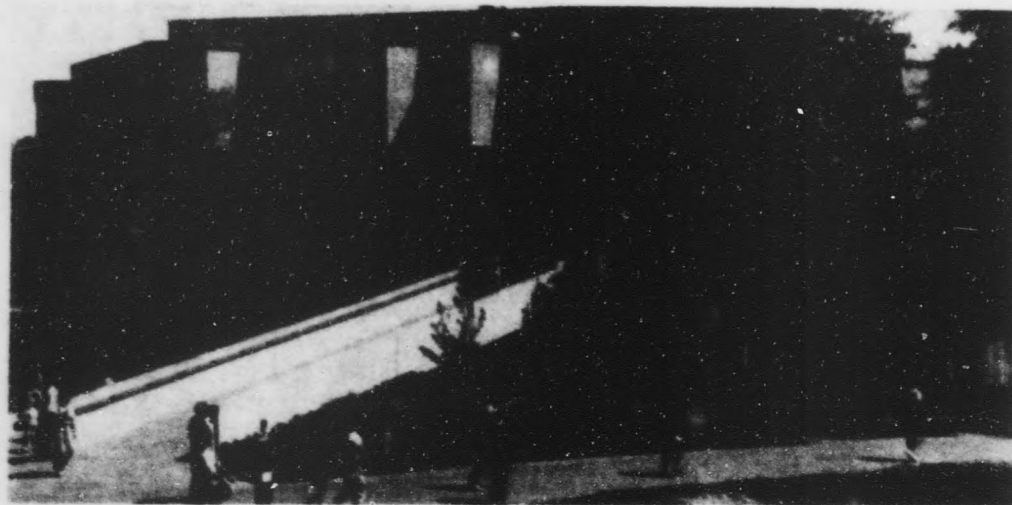
SURVIVAL GUIDE

A State Hornet Special Publication

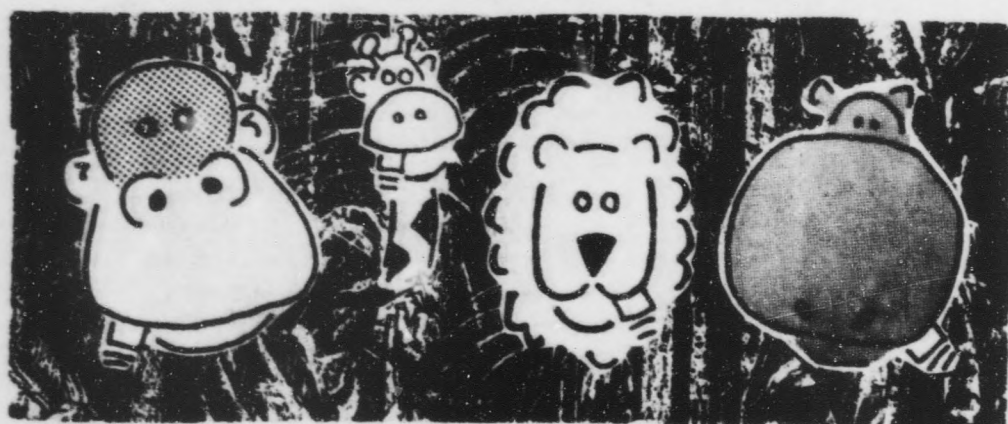


Survival Guide

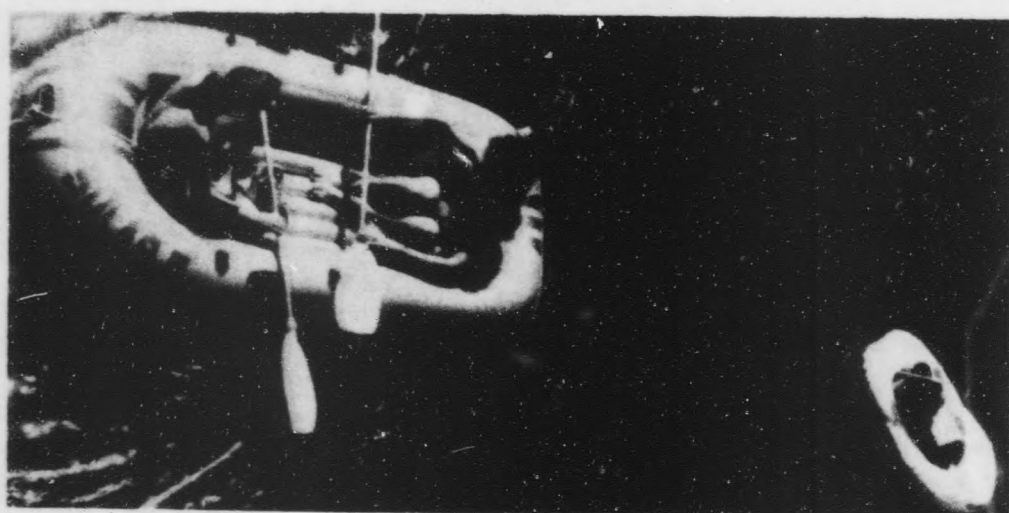
September 10, 1986



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Special thanks to Sue, Dorian, Sharon, Debbie, Dee, Val, and London for all the help and for answering all my trivial and not-so-trivial questions.

Thanks to Bryan and John for helping me make this fun to look at.

And big thanks to all who slaved over a hot typewriter in the middle of summer to fill these pages.

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Looking for Mr. Goodhouse

The search for the perfect house

by Buck Tachus

I used to be the kind of person who felt that the truth was its own reward. I felt that if you were honest enough with everyone, it would eventually result in a better world for all of us.

I was so naive. I had no idea that a mere seven weeks would change me so utterly and completely; that a devious web of intrigue and deceit would envelope me and all those I love. I did not have a glimmer that such total corruption and perversion of spirit would turn my very existence into a lie. And it was all because of my search for Mr. Goodhouse.

WEEK #1: AN HONEST GUY

During the first week of June, I was an honest guy sitting in my tiny one-bedroom apartment (the late afternoon sun blazing through my window, sweat dripping off the end of my nose) figuring out the economics of my current housing situation.

I was living in a small apartment in a terrible part of town where you were never too certain there would be any doors on your car when you came out in the morning. The convenience store on the corner had a Hell's Angel working behind the counter and every time I went in for a quart of milk, I was convinced the place was going to be robbed by whatever suspicious character was lurking by the magazine rack (And there was always a suspicious character lurking by the magazine rack).

Now, on the other hand, if I were to get a roommate, I could get a nice house in a great neighborhood and, after splitting the costs, be paying substantially less.

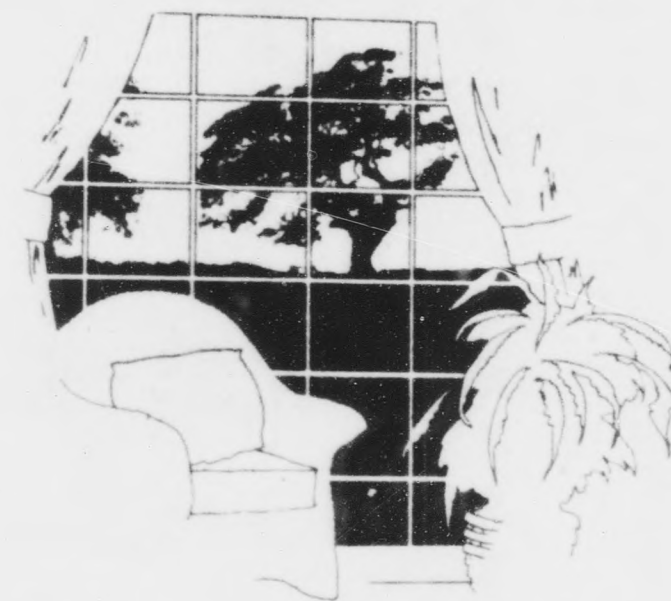
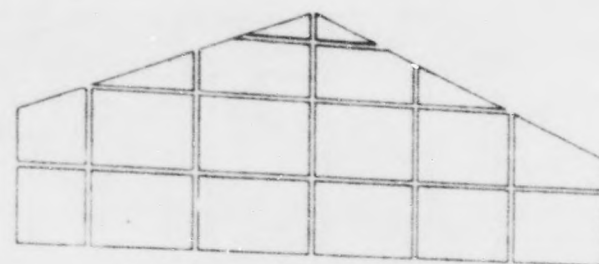
Unfortunately, as anyone who has ever roomed with someone before knows, finding an acceptable roommate can be difficult. It seems if you don't find someone with selective amnesia over the whereabouts of their checkbook when it comes time to pay the bills, you get a druggie who stays up all night playing one Cheap Trick song over and over at top volume because he is convinced there is a message from the CIA in there somewhere. Or, if you do find a guy who acts great for the first week or so, one night you come home to find him in the living room dressed in leather fetish harnesses, sacrificing puppies, and expressing a rather aggressive desire to have sex with you in the name of Beezlebub. It can be a little scary.

But I had a fortunate turn in that department. A friend I had worked with and knew as a pretty cool and honest guy was having to vacate the house he was renting. He liked the idea of getting a house with me. Perfect situation. Both of us had a little money stashed away and we figured we could afford a big enough house to keep from tripping over each other every time we turned around.

WEEK #2: A COUPLE OF HONEST GUYS START THEIR SEARCH FOR MR. GOODHOUSE

My friend, Gordy, moved into my tiny apartment with me while we looked for a house. We got the morning paper every day and scoured the classified ads for the house of our dreams. It seemed there was a virtual plethora of happy, charming domiciles just waiting for our nod of approval. It seemed like it might even be kind of fun.

Our elation at the panorama that spread out before us proved to be short-lived. We were shocked at the quality of the homes when we saw them. A home that was described in the paper as being a lovely 3 br, 2 ba, c-h/a, fam rm, frplc, fenced yd beauty with many xtras would usually turn out to be a collapsing, dilapidated mess with the screens pried off the windows and a yard that was so dead from lack of water that only a camel would be comfortable there. And the xtras were something along the lines of having door knobs on at least two standing doors somewhere on the premises.



Real estate agents have begun charging prospective tenants a credit check fee. A credit check from the most commonly used service in this area costs \$7. The common charge among rental agents and landlords is \$20. Worst of all, even if your credit check comes back good, it doesn't mean you will get the house. The whole practice struck me as being a bit like the folks at San Quentin asking Caryl Chessman to pay the gas bill.

We had paid a few of these credit check fees and were not getting any houses. We began to perceive the fact that we were not in control; THEY were. And, for some reason, THEY didn't want us. We decided that perhaps a small white lie might be in order to make ourselves more desirable as tenants.

WEEK #3: TWO HONEST GUYS TELL A LITTLE WHITE LIE

We had begun to get a little fed up with landlords and rental agents seeing us walk up and looking like they could just absolutely puke. Once they saw us, they would show us the house as quickly and perfunctorily as possible, then burn rubber out of there.

So Gordy and I, sitting there in the cramped, hot one-bedroom apartment with sweat dropping off the ends of our noses, decided they must not like our sources of income. Both of us had money, but it came from awkward sources. Not illegal, mind you, just hard to explain. So Gordy and I got some friends of ours to fib and say we worked for them at "real" jobs. I became a gofer at a ritzy ad agency and Gordy, who was working part-time at a local television station, became a full-time employee there.

This seemed to work fairly well. The next house we found was what the newspaper ads would call a fixer-upper in a slightly nasty neighborhood. We decided that because of the relatively cheap rent, we could put some money into fixing up the fixer-upper. We paid the rental agent \$30 for the \$7 credit check and he assured us that if we checked out, the house was ours because we seemed like a couple of good, honest guys.

The next day he called to tell us he had rented the house to someone else. "Can I give you guys a bit of advice?" he said.

I said "Sure."

"Well, you guys checked out great. Your credit is excellent, your references are good, but frankly, you're just too young."

I thanked him for the advice and asked him if he knew where young people lived until they're old enough to rent a place to live.

WEEK #4: TWO HONEST GUYS EMBELLISH A LITTLE WHITE LIE

We decided to give ourselves promotions. We couldn't age ourselves, but we could make ourselves look like up-and-coming successful yuppie types. So I became a salesman for the ad agency and Gordy became a cameraman at the television station.

We approached the next house dressed in our nice yuppie clothes, Hawaiian shirts, topsiders, etc., and met the stern-faced landlord. She liked our references but had one question for us. "Do you two boys have girlfriends? I mean you won't be sharing the same room, will you?" And, of course, standing there in our flowered Hawaiian shirts and topsiders we couldn't have looked more like a couple of joy boys. We could see it in the woman's beady eyes, she'd already made up her mind about us young fellers. Jeez, if it ain't one thing, it's another.



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The University Union

by Tabeal Wade
Staff Writer

There comes a time when everyone needs a break. Somewhere to go to get away from all the troubles, problems, and heartaches which come upon us in life. Or it doesn't have to be somewhere to go. It could also be something to do in order to break the monotony of everyday life.

Well, here at CSUS, there is a place to go where you can both get away and do something different if academics is your business.

The name of this place: The University Union.

Located between the temporary trailers and the CSUS library, the University Union is the place to go where various functions are held during the year. These functions range from River City Days held annually during the final weekend in April and Student Orientation during the summer, to the recent Kids on Kampus program held last month.

The Union consists of three floors, each having its own different purpose to meet the needs of the individual.

The Union has plenty to offer. There are meeting rooms on the third floor and in the multi-purpose Redwood Room located in the lobby of the building. Of the third-floor rooms, there are two suites, called the Forest Suite and the California Suite, which can be converted into separate rooms with the use of a divider.

The other rooms are the Alumni, which features a room-length table with a piano and a built-in chalkboard/projector screen; the Miwok, an octagon-shaped room made up like a living room and the Sacramento, a small room located next door to the Scheduling Arrangements Office, where Associated Students, Inc. and the Academic Senate hold meetings frequently during the school year.

The Redwood Room can be used for anything, ranging from conferences and banquets, to dances and shows. The Redwood Room is available for use for the price of \$35. The third floor rooms cost \$15.

The Union also offers recreation with a games room located in the lobby; a music listening room, located on the second floor, where students can listen to music of their preference; table games, pink tables around the concrete ledge on the second floor, where students can play either checkers or chess, and two television lounges across from one another, one for smoking, one not.

There is also food service in the building, the Hornet's Nest, the main eatery in the building; Union Station, located beneath the stairway in the lobby; the Sequoia Room, another meeting room designed for the purpose of being a waiter serviced area, located inside the Hornet's Nest; the Coffee House, a throwback to the cool, laidback hangouts of the 60s (jazz instruments decorate the area) which is open during the semester and offers free live entertainment at night and the ice creamery, which is also open during the semester only, located across from Union Station.

There are also three places for students to shop. There is a shop simply called "The Store", where students can pick up all kinds of gifts; an Information Desk,

hub of student activities

where students can pick up newspapers and test materials; and a Computer Store, where computer equipment is sold.

But the main purpose of the University Union is to provide general augmentation to the academic side of college life.

The University Union opened in 1975, nearly a decade after the student body held an election deciding they would like to have a union. At the time, six other CSU campuses opened unions of their own, but the origin of unions goes back much farther.

Most major universities built unions prior to World War II. Small schools began opening and increasing. In a 20-year period stretching from 1945 to 1965, those small schools, CSUS included, expanded and copied some of the styles and structures of some of their older, large counterparts. Donald Hinde, director of the CSUS Union, witnessed this surge as the system began to grow.

"The time had come," said Hinde, who has been employed by the university since 1973. "Students would go to class, go back to their cars, study, read, eat, sleep. They had nowhere to go."

But with the coming of the Union, this need was supplanted. Even though the Union tries to identify with the students, faculty, alumni, staff and guests of the university, Hinde sees an important need for those who come to the Union from the outside, such as the Kids on Kampus program, which took place following the orientation program's conclusion in July. "Those (kids) who come here know more about higher education when their time comes and about the type of faculty and organization we have," Hinde said.

Another way this identity is retained is through the upkeep of the facilities. The building tries to provide a clean, safe, and inviting environment, so the events that take place in the Union may do so without distraction. Hinde says there are two motivational factors which lead to the tidy upkeep of the building, which not only draws compliments from off-campus visitors, but CSUS people as well.

"People appreciate it. They enjoy the facility more and they can enjoy it," Hinde said.

The maintenance of the building is handled through University Union Building Operations, a collection of full-time custodians, an electrician and student assistants who work part-time to assist the full-time custodians with the lighter aspects of the job. Don Tucker, supervisor of Building Operations, finds a lot of responsibility in this unit.

"The most challenging thing is to keep the building looking new, and improve it to meet the needs of the students," said Tucker, who came to the Union prior to the start of the Spring '86 semester.

Prior to the beginning of this semester, a 12-hour orientation for new student assistants was held in an attempt to better define some of the duties they will be faced with during their first semester of work. The personnel changes often; some students even work at night, others on weekends. But no matter, someone is on

• Please see Union, page 19

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Furnishing without financing

by Carella Guidon
Editorial Staff

The credit check came through, the deposit is paid, you finally got your first apartment. It's big, it's clean, it's wonderful, it's empty. Furnished ones were just too expensive, but is filling this one going to be worth it?

After asking all your relatives, including Aunt Sophie, for their leftovers, you still don't have enough furniture. You probably still need a couch, or a couple more chairs, or a table or even that student's desk. What to do?

There are several ways to remedy the situation. The problem is not that there isn't any furniture; the problem is that the furniture is not yours. You need to find suitable stuff at a suitable price. You can do that.

There are several second-hand stores in the Sacramento area; most are listed in the yellow pages. They carry a variety of used furniture, and sometimes even fairly new items.

Local garage sales are usually a good bet for furniture, and even possibly kitchen appliances, for a new home. Many sales are advertised in advance in newspapers and around town. Plan

to get to the sale early, as the best items will go first. Garage sales are also a good place to look for used kitchen utensils. With a little polish, they can look brand new.

It is possible to recover couch and chair cushions with fabric of your choice, and some upholstery pins. That dead green couch can become a festive yellow print couch with a little help.

Auctions are a good site for used but good furniture. Straight-back (sometimes antique!) wood chairs are a big auction favorite. They make nice dining room and/or desk chairs. Some auctions even have new items, such as linens and bedding (which can be very costly at your local department store).

If you really only need furniture for the school year, rental or lease furniture, or maybe even rent-to-own furniture might be for you. There are several places in the area that offer this service. Check the yellow pages.

Making your own furnishings is an easy and inexpensive way to fill an apartment. Bricks and boards make great bookshelves (or miscellaneous shelves), and they are sturdy. Repainting that chest of drawers in the

basement gives it a whole new look. Corkboard is available at any hardware store, and you can cover a whole wall if you wish. Covering old coffee cans with contact paper makes colorful bins for storing anything from socks and belts to noodles and chips.

If you have any kind of green thumb, plants make an apartment look even more comfortable. Hanging ones are even better at taking up space!

Crates become lots of things, from nicknack shelves to small bookcases to records bins to even coffee or end tables.

Small plastic baskets, available at many drug stores, make inexpensive under-sink containers for the bathroom or kitchen. Small peanut cans covered with contact paper can hold smaller bathroom or kitchen things.

If your apartment or house is not a cluttered mess by the time you've tried all this, consider getting a few more roommates.

A newspaper subscription is an excellent way to have a stack in a corner of every room. Every apartment needs a stack of newspapers in the corner. Once you have all that newspaper, you can get a puppy.



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Gastronomy 1A

by Louls A. Gilman
Staff Writer

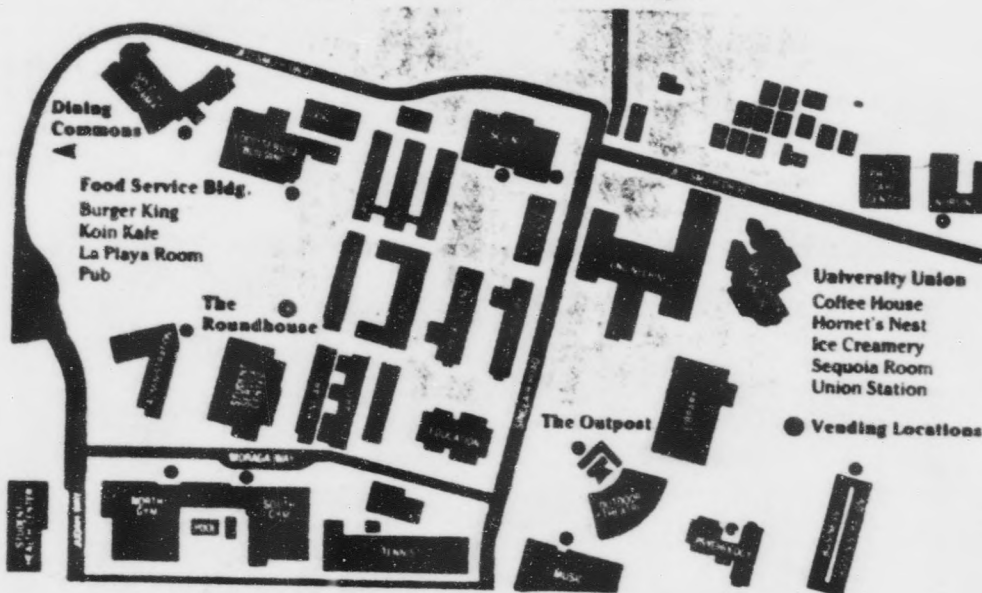
And on the eighth day, the Lord did say: "Feed those hungry students, willya??? Sheesh!!!!" So the Hornet Foundation (a non-profit corporation established in 1951) proceeded to do so. Not just with vending machines, mind you, but with honest to goodness hot food.

(All you little hungry students just follow along with the neat little map provided by the foundation. Bring your friends if you want.)

Let's start with my favorite place, the Coffee House, located in the University Union. They serve a special blend of ground coffee each day, along with specialty sandwiches, wine, draft and imported beer.

Next, we go to the Sequoia Room, also in the Union. Darn good food, and even waiter service. Visa/Mastercard honored.

Dance on over to the Hornet's Nest, and enjoy! Prices are comparable to food off-campus! This is where most hungry little Hornets hang out (Even some of us so-called staff writers stuff our faces here). Salads, grilled sandwiches and breakfast hot off the grill, plus a wide variety of beverages.



The almost last stop in the Union is the Ice Creamery. This place rotates 40 delicious flavors of Gunther's ice cream. The malts and shakes will satisfy anyone!

Last, but not least of the Union fare, Union Station. Here, students chow down on gourmet cookies, brownies, cheese-cake, fresh ground coffee, espresso, and it's the best people-watching location in the Union.

Still got the map? Good! Top left we find ourselves at the Food Service Building where we stop first at Burger King. I'm a Whopper, she's a whopper, wouldn't you like to be... well, anyway, good hot food served fast, and the people smile, too!

On to the La Playa Room! For about \$3.75 you can get one of two entrees, plus salads, rice, potatoes, veggies, and a beverage. Beer and wine also available.

At the Pub (or as the in crowd says "the Pub") the student can find pizza and hof brau sandwiches, plus hot entrees daily. This is a busy place, and the food and the laughter will make that bad ol' homework go away!

Now, let's go off to the Roundhouse, where cookies, coffee and chips await thee! And if frozen yogurt is for you, dis is da place!

• Please see Eateries, page 10

How to be Cool on Campus.

Here are ten simple rules to follow if you want instant popularity and fame at CSUS:

1.

Always eat at

STEVE'S PLACE PIZZA, ETC.

2.

Say words like "wicked" and "bad" when it's really good!

3.

Sip a Corona Beer (or other great beverages) with your friends at **Steve's Place.**

4.

Keep time on a Designer Watch ... or Betty Boop, Mickey or Gumby!

5.



Keep your awesome body beautiful by eating delicious, fresh Salads from **Steve's Salad Bar Extraordinaire!**

6.

Tune into U2 or Whitney Houston!

7.

Meet a friend at **Steve's** for a Great Bacon Cheeseburger!

8.

Cut down on glare with your Ray-bans!

9.

Order a **Steve's Pizza** in your dorm ... really impress 'em!

10.

Be yourself!



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Eateries

• continued from page 9

Over by the library (check your map) the Outpost, where we find sandwiches, chili and hot dogs, fresh pastry, coffee, and out-of-this-world popcorn is great place to go for a quick study break!

PLEASE REMEMBER THIS: NO (repeat) NO FOOD OR DRINKS in the Library!

The books in the library provide students with valuable info, but it's hard to find that info if some geek has spilled coffee and/or ketchup all over the pages you need for that paper for Professor Meanie!! Think about it!

Lastly, on our wonderful trip across the map (top left hand corner) is the Dining Commons. There is nothing common about this place, though. The residence hall meal plan gives you breakfast, lunch and dinner five days a week. A good way to break up the routine and meet new people. There is also a off-campus resident meal plan: call 278-6971.

The campus not only provides convenience, but some of the money you put in comes back to you. The Hornet Foundation is a non-profit corporation, that funds projects and activities that help CSUS students, staff and faculty members. Total allocation for fiscal year 1985-86 came to \$66,636.74. Think about that the next time you get hungry.

Of course, off-campus eating does sometimes appeal to me (Flakey Jakes!!!) but in the long run, you save time, a little money, and get a reward when you eat on-campus.

Now, there are the facts. Make up your own minds. Just do me a small favor?

Don't lose the map!!!!

Eating in town

Steve's Pizza, Etc. 813 Howe Ave. and 3516B Fair Oaks Blvd.

Two locations to serve what *The Sacramento Bee* claimed to be one of the top three pizzas in Sacramento. Beer, wine and salad bar at Howe Ave. location; just pizza and drinks on Fair Oaks. Limited delivery area.

J. Higby's 458 Howe Ave.

Specializing in frozen yogurt and ice cream creations. Very informal atmosphere. Menu includes hot dogs, soups, salads and chili. Cookies, too. Good for a treat!

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The First Immigrant Eatery 855 57th St.

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GRADUATION

My palms were sweating. My left eye was twitching. My knees were shaking. I was going through the ultimate form of rejection: I was suffering through academia's toughest challenge, the graduation evaluation.

I sat in a chair designed for discomfort facing the placidly demure evaluator who spoke with a hint of devilish glee. I knew I was trapped.

"I'm sorry, Mr. Myers, but you are under the 1982 catalogue and what you've just shown me is only applicable for the 1981 program."

"Um, well," I said losing my grasp for the English language. "What does that mean?"

"What this means," the creature who deserved to wear bifocals said, "is that under your self-appointed plan you will need to..." She trailed off while preying on a bunch of neatly labeled folders that I'm sure didn't contain anything relating to the mess I was in.

Then her answer came. "It'll take you probably two more years to graduate."

That's it, bring out the twelve gauge. I thought. I had taken the multiple choice tests, the essay tests, the take-home tests, even the urine tests for this school. What more did they want? I had spent millions on number two pencils, folders, binders, typing paper, erasers, Cliff notes and those damned anemic scantrons. I had paid off all of my parking tickets, my library fines, and even some of my teachers. What more could they ask?

Yet they denied me my one wish... to be one of the few and the proud graduates of CSUS.

Ah, but the joke was on me. The evaluator smiled a little too coyly as she started to speak. "Oh, silly me, I was looking under the 1982 catalogue. All you need to take is 24 more units and then you're out in the real world. Have a nice day."

I almost killed her.

Well, through a miraculous feat of modern education I did graduate. Indeed, it was a long and troubled road to getting

that mimeographed piece of flypaper. But if I had to go through the ceremonies all over again I'd do it differently. I thought I'd impart this wisdom to you.

Advice from a veteran of graduation phobia

The do's and don'ts of graduation.

1. DO graduate.
2. DO graduate drunk. This means bringing champagne, beer, I.D. to the graduation ceremonies.
3. DON'T be a sissy and bring Hawaiian Punch, memory books or cameras. Nobody will sit next to you.
4. DO invite wealthy and terminally old relatives. They usually give you money unless they've forgotten your name.
5. DON'T cry at the ceremony. You'll look like a real sappy dork and people will start calling you names.
6. DO take off your graduation gown when going out in public. Nothing looks more stupid than seeing some guy wearing a dress and a square doilie with a stripper's tassel hanging in his face.
7. DO invite your worst enemy to the ceremonies. If you're lucky, he or she or them, depending on how much you're disliked, might show up and die from boredom.
8. DON'T order graduation announcements. These are for the extravagant at heart who wear pink and watch "Dynasty" on a regular basis.
9. DON'T sit next to the valedictorian of the class. He/she usually doesn't wash and smells like rancid tuna.
10. DO visit the library. Somehow you were able to graduate without ever being inside.
11. DO start pleading, begging, groveling for a job. Most employers think college graduates are idiots and you'll probably prove them right.

And, finally one last word of advice, be sure to celebrate before, during and after the ceremonies, because this will probably be the last time you'll ever be happy.

The Final Test

by Randy Myers
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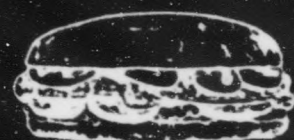
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The Greek life at CSUS

by Louis A. Gilman
Staff Writer

Far from "Animal House"

When someone mentions a fraternity or a sorority, most people have a mental image of John Belushi and his food fights, panty raids, and cosmic drunkenness.

In reality, the CSUS Greek system is the farthest thing from "Animal House" that can be. To be sure, there are a few people that tend to give a bad name to the fraternities and sororities, but this happens in every organization.

"The fraternity and sorority system has changed dramatically," said Dr. Fred McNally, Student Activities Office Advisor. "They are more into doing good deeds and helping others, not just having parties."

As members of a fraternity or sorority, students will become a select group of men and women who are bonded together by friendship and mutual understanding. From this bond

comes a self-confident person with a keener mind and a greater appreciation for (and broader understanding of) life.

Academics in the CSUS Greek system are the number one priority for everyone. A frequently overlooked aspect of Greek life is the expanded opportunity to develop leadership skills. Turning your ideas into action proves to be a rewarding experience.

Philanthropy also ranks high at CSUS, and the Greeks show true Hornet spirit by donating their time and effort to benefit the welfare of others. Each fraternity and sorority conducts its own charity fundraisers, as well as performing numerous community services. They have donated thousands of dollars to Easter Seals, Heart Fund, Muscular Dystrophy, Society for the Blind, Cystic Fibrosis, American Cancer Society, Cerebral Palsy, and other worthwhile organizations.

If the student is not interested in going Greek, then there are other campus student organizations to check out. At the time of this article, there are 19 cultural, 47 Departmental/Professional, 12 religious, 27 special interest, 10 sports, and three service organizations. As for the Greek system, there are 10 fraternities and 5 sororities, with seven honorary organizations waiting with open arms.

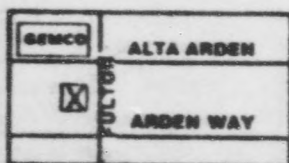
If students are worried about every organization being the same, they need not be. Individuality is important, and they are as diverse as the students who comprise them.

Take a closer look at the Greek life. While not for everyone, it can provide an outstanding experience for those who are interested. Since 1824, college fraternities and sororities have been making students into special people. Think about it.

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Water, water everywhere

by Brad Melin
Editorial Staff

Though the month of September marks the beginning of the fall season, hot temperatures usually persist through the month of October.

A terrific way to cool those hot days is to visit the CSUS Aquatic Center on Hazel Avenue and Highway 50.

In addition to the usual classes of sailing, wind surfing, rowing and the like, a new class — Alpine Skiing — is going to be offered at the center this semester. Aquatic Center Director Craig Perez, who is a ski instructor at Alpine Meadows, will head the class. Perez is attempting to work out a deal with Alpine which would give students taking the class special rates.

Most of the classes at the center can be taken through the physical education department at CSUS. Some of the classes are also offered as leisure classes open to the students, faculty and alumni of CSUS. There is a fee for leisure classes.

In another development which took place this summer, the state Parks and

Recreation Commission has given permission for 50 campsites to be built along the shores of Lake Natoma. The topic was under discussion for some time with the university and the directors of the Aquatic Center in strong opposition. Their main concern was that the campsites would bring more congestion on the usually tranquil lake from motorized boat traffic.

Natoma has been called the best rowing facility in the United States by those who run the Aquatic Center and they believe the increased boat traffic will endanger this title. There is currently a 5 MPH speed limit on the lake for motorized boats.

Aquatic Center Assistant Director John Zschokke said that the people who campaigned for the campsites "used a handicap camping program as leverage to get a foothold on Natoma and will then exploit the lake."

The Parks and Recreation Commission ruled that all 50 campsites to be built must be accessible to the handicapped. But opponents feel that the campsites will be used mostly by campers on their way to Lake Tahoe.

Zschokke also said there would be some positive aspects if the campsites were instituted. "The equestrian center they are planning would be great," but, he continued, "everybody at the (Aquatic) center is against it (campsites)."

Even with increased boat traffic, rowing will continue on the lake this year. The Hornet rowing team will host the Head of the American Race some-

time this fall. The rowing season doesn't get into full swing until the spring, but this is a good chance for the Hornets to keep in shape and rowing fans to see some quality action.

This race is a preamble to the Pacific Coast Rowing Championships held in the spring, which brings some of the most prestigious schools on the west coast to the lake.



Rowing is just one of the many activities offered at the CSUS Aquatic Center.

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Five steps to a hard body

by Jennifer K. Williams
Editorial Staff

According to those sickening diet soft drink commercials, summer is the season to shape up and flaunt your bod on the beach. Of course, some of us have more to flaunt than others. Summer holds many temptations for stressed-out college students. After spending the night with Jose Cuervo, Jack Daniels, and the Gallo brothers, the mere thought of an early morning jog is enough to make you wanna die. It's tough to stay in shape when the ice cream man beckons and you can lay around watching "Leave It To Beaver" reruns all day long.

So you gave up your dreams of becoming a "hardbody" and went to work becoming a lardbody. Yeah, you had a great time — heck, you *deserved* to cut loose. But now you look like your Aunt Beulah, the one they had to bury in a garbage dumpster. Don't despair — there is hope. If you need a little encouragement to get started exercising, membership at a workout facility could be your escape from life in the fat lane. But before you rush to the nearest gym and sell your pet iguana to pay the registraion fee, take the time to find out all the facts. Follow these simple steps to select the club that's right for you:

STEP ONE

Make a list of services and facilities you need in a club. Consider such things as: classes (yoga, aerobics, martial arts); times that fit your schedule; equipment (Nautilus, free weights, stationary bikes); large facilities (jogging tracks, swimming pools, racquetball or tennis courts); and extras like tanning beds.

List only those services you truly need, otherwise you'll be paying for luxuries you don't even use. Remember to list child care if needed, and consider location. If working out is convenient and hassle-free, you'll be more likely to stick to it.

STEP TWO

Make a separate list of gyms that your friends have recommended. Check your Yellow Pages for other clubs near you and add them to this list. Call around to find out what facilities each club has; cross off those which don't have what you want.

Any company that is rude or unprofessional over the phone should get the ax, too.

Next, call the Better Business Bureau and ask if any complaints have been filed against the clubs remaining on your list. If there have been more than a few serious complaints against any company, avoid it.

When you call a fitness facility, be prepared for a phone presentation designed to get you in to check the place out. You'll have little luck finding out the cost, since most companies have policies against discussing prices over the phone. If you decide to make an appointment to tour the club, do not give out your phone number unless you want to be called to "come back in for another look" should you decide not to join.

STEP THREE:

Once you have narrowed down your list, you need to visit each of the places that interest you. (Most companies prefer that you call for an appointment.) If possible, bring a friend with you to provide feedback.

When you arrive for a tour, take charge immediately; let your tour guide know you have very specific questions to be answered. (Carry your list and make notes on each facility.) Do not bring your wallet, credit cards, or checkbook. Let your tour guide know that you are "shopping around" for a club and do not plan to enroll anywhere until you tour all the businesses on your list. This automatically deflects most high-pressure sales techniques.

At the end of each tour you will be given a price presentation. This is normally the time the salesperson gets aggressive, but since you have no method of payment, you should be spared any used car dealer tactics. Again, don't give your phone number if you don't wish to be called.

After you have politely but firmly refused to sign up, ask any questions which have been unanswered. Then explain that to help you make up your mind, you'd like to work out once in the club before you decide to join. Arrange to take a class or be taken through a weight routine. Most companies offer a free first workout, so you won't be asking for anything out of the ordinary. Any company that refuses your request is trying to hide something, and should be dropped from your list. Never join anywhere on your first visit.

• Please see Workout, page 19

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Been to the zoo lately?

by Carella Guidon
Editorial Staff

The twin lions are wrestling again, rolling one over the other, mother and father watching intently.

All the pink flamingoes are nesting comfortably, beaks stuck in wings, except the small fuzzy grey one, who can't quite get comfortable.

The small, pony-sized zebra named Tsavo hides behind a large rock while his parents roam the area.

Rahija, the stubbed-horn baby oryx, lays in the shade, it is too warm where his parents are.

These are just a few of the new and interesting animals to visit at the Sacramento Zoo, located at 3930 W. Land Park Drive in Sacramento.

Opened in 1927, the zoo has 15.5 acres in downtown Sacramento, near William Land Park, off Broadway. In some ways little has changed, and yet much has changed since 1927.

The original number of animals has not increased much since the zoo's beginnings, but with more facilities on the grounds, the animals live a less crowded life.

"There were lots of cramped animals before," said Joyce Mansfield, Administrative Manager.

The latest addition to the zoo is the brand new \$300,000 Chimpanzee Arena. The arena is a 26-foot high dome-shaped home for the chimps, including trees, grass and a termite mound. After almost a year of construction, the exhibit was opened Aug. 29.

In addition to renovation at the zoo, more and more animals are being born.

In February, 1986 a healthy baby giraffe was born, and now stands 11 feet high. March yielded twin Asian lions, who, Mansfield said, "are like little grownups (lions)." March also was the month for Tsavo, the baby zebra's birth. The almost fuzzy baby flamingo,

although born grey, will be turning pink within the next few months due to diet.

In 1957 the Sacramento Zoological Society was founded, and in the last four years it has seen a membership increase of 400 percent. There are several different memberships to fit everybody, from senior citizens and families to group/professional memberships. In July the Reciprocal Zoo Agreement was passed by the Sacramento City Council wherein Sacramento Zoological Society members will receive free admission to more than 70 zoos nationwide. For more information on the society, call 449-5888.

The zoo's Adopt-an-Animal program, founded in early 1983, has been very successful. The program was restructured this year to make some of the more expensive animals more affordable to adopt.

"Our original intention was to get

corporations and businesses to adopt the higher priced animals," Mansfield said. When this wasn't happening, and other people wanted to adopt those animals, the program was restructured so those people could be "parents" to those animals.

Since 1983, the zoo has gradually increased funds to the program, and now parents are responsible for bringing in approximately \$30,000 per year.

Adopting an animal for a year ranges from \$20-100, with whole families of animals priced in the \$200-250 range.

Annual events at the zoo include the summer Ice Cream Safari, Teddy Bear Day, Christmas Eve festivities and the upcoming Zoo Zoom Run on Oct. 12.

The staff gives much credit to the zoo docents, volunteers who make a one-year commitment to give lectures and tours of the zoo, after an education and training program. Applications will

• Please see Zoo, page 19

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A hot time in the old town

Sacramento entertainment

by Daniel Judge
Editorial Staff

So, you thought you were a wise guy, huh? Instead of buckling down and studying your little brains out to raise that grade point average, you hung out with the frat boys, chased the little sisters, and drank beer till all hours of the night. Oh, you upset your parents something awful.

Instead of attending Harvard, Yale, Columbia or some other prestigious university that would assure your position as one of the leading movers and shakers of your time (not to mention owning a condominium in Hawaii,) you're stuck here in Sacramento at good ol' CSUS. Now what? Sacramento is a cultural wasteland. What is there to do here?

Well, take heart, buddy. I'm here to make your stay here just a little brighter with this guide to entertainment in this area that should get you started on your road to fun. Here is *The State Hornet Guide To Leisure Time Sacramento* (City Of Trees, Town Of A Darn Good Time.) **MUTANT WATCHING AT THE TOWER BOOK, RECORD, AND VIDEO STORES** (16th & Broadway) Besides being the premier place to get your new records, books and videos in the downtown area, the Tower stores offer some fine opportunities for people watching. If you thought that all the big cities like L.A. and San Francisco had cornered the market on strange street people, think again. A few minutes visiting the Tower stores will produce more bleach-haired geeks, transvestite winos, eyeball-rolling retards, and mohawked, leather-clad chicken-whippers than you can shake a radioactive

dampener rod at. And that's just the employees; wait until you get a load of the customers. **RAFTING THE AMERICAN RIVER** (between Sunrise Blvd. and Goethe Park) This one is just the ticket for those hot, lingering days left over from summer. A lazy trip swilling beer and bumping off the rafts of every other hot person in the Sacramento area will give you one of the most relaxing experiences of your life. (Warning: If someone in a raft in front of you is dangling the lower half of his body in the river, it's a safe bet he's not just cooling off his knees. Steer clear!) **JOJO'S PIZZERIA** (10861 Folsom Blvd.) About once a year the Sacramento Bee holds a search for the best pizza in Sacramento. Forget it-I've already found it. Try a Jojo's combo. It's the best damn pizza made by Vietnamese I've ever had.

POOR RED'S (Highway 49 in El Dorado) OK, so this one isn't technically in Sacramento, but it's still worth a trip. They serve some of the finest ribs this side of Kansas City and mix a mean Gold Cadillac. (Warning: They take a long time to call you in from the bar for your meal, so I would advise shoving a rib in your coat pocket to eat the next morning, 'cause you're gonna be so blasted from those Gold Cadillacs you aren't gonna remember how good they were. Double Warning: If, on your way home, you should pass by a quaint little bar (with dancing) called P.J.'s, don't stop. I did and some redneck patrons poked out my eye. That ain't no downstream bar.

LAUGHS UNLIMITED (1124 Firehouse Alley and 5957 Sunrise Blvd.) These feature live comedians and can make for an entertaining evening. One word



of caution: Don't let them seat you near the stage unless you enjoy the guy on stage making witty comments at your expense everytime you have to leave your seat to visit the restroom.

SACRAMENTO RACEWAY'S WEDNESDAY NIGHT HIGH SCHOOL DRAGS (5305 Excelsior Rd.) This is for those among you who are still really ticked off that they made you leave high school. For the price of admission, on Wednesday nights, the folk at Sacramento Raceway will let you race your car against some other immature sap and you can get out all that infantile aggression. (Note: Also a dandy place to get in a fight if the car-racing doesn't exorcise all the angst from your soul.)

LADY J'S BAR AND GRILL (2990 Bradshaw Rd.) Lady J's is a fairly new bar that offers a Friday lingerie show. This is a good one for those of us who would rather be at the 400 Club, but have a reputation to protect. You can act as if you're doing something respectable and still get to look at strange women's underwear.

THE EL DORADO SALOON (6309 Fair Oaks Blvd.) In the interest of fairness to the ladies, the El Dorado features a male strip night. I've never been to this one myself, but a woman friend of mind assures me that it is just as embarrassing and degrading as watching female

strippers. I've always responded well to that kind of thing.

DANCEPARC (2400 W. Capitol) This is for those of you who have been mourning the passage of disco and miss huge gold medallions, rayon shirts, chest hair and fiberglass hairdos. John Travolta isn't dead; he's alive and well at Danceparc.

PINE COVE TAVERN (502 29th St.) For those of you who don't like Danceparc.

Two last suggestions for those of you who choose to go to Poor Red's, Lady J's, the El Dorado Saloon, Danceparc, or the Pine Cove on a Saturday night. Depending upon your condition and philosophical bent, a fine Sunday morning activity would either be visiting Capital Christian Center (9470 Micron Ave.) and asking God for forgiveness or, if you feel you are beyond redemption, go have breakfast at the Choo Choo Diner, one of the best places in town to get a Bloody Mary with your omelette.

Well, I certainly hope this list has provided you with some tips on how to fill those empty leisure hours and see Sacramento for the entertainment mecca it really is. We're proud of our town and we want you to be proud of it too.

And, hey, cheer up, guy. It's only four years, then you can move to San Diego.

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at 5:00 p.m.

House

• continued from page 4

Who wants a landlady like that anyhow? We got out of there just as fast as we could.

WEEK #5: TWO GUYS TRY A LITTLE HONESTY AND IT WORKS (SORT OF)

Gordy and I found a house that looked great from the outside. We really liked it and decided to give honesty one last shot. I called the landlord and told him that we were two honest guys that nobody wanted to rent to because they thought that two guys would either rebuild engines on the living room floor or were gay. I told him we wouldn't and we weren't and we would be good tenants.

He amazed me. He said that was no problem with him and he understood perfectly. He said we sounded like two nice, honest guys and proceeded to show us the inside of the place.

Gordy loved it. I didn't. I thought it was too small. It didn't have an air conditioner. He wanted too much money. He didn't want to pay the portion of the utilities that the law requires landlords to pay. And, he wanted \$70 for the \$7 credit check. I thought the guy was a jerk.

We got it. Gordy was overjoyed; the long search was over. I was under-joyed. It just wasn't what I wanted. I decided that I didn't want the house and forced Gordy to go tell the guy. Gordy was not happy with me.

WEEK #6: TWO DECEITFUL GUYS TURN TO MORMONISM

Things were pretty frosty after that. Gordy fell into heavy silences and would stare at me with a curious mixture of hatred and disgust for just a little too long for me to feel comfortable. I could feel him staring at the back of my neck as we sat there, the late afternoon sun beating in and sweat dripping off the tips of our noses, and he would finger the trigger of the BB gun I kept lying around, the one that shoots those nasty, steel-tipped, feathered darts. I made sure I always knew where the old German ceremonial sword I had picked up at garage sale was, just in case I needed protection from a sudden treacherous attack upon my person.

But after a few tense days of this sulking, we got back into the drudgery of househunting. And just as things looked the bleakest, we happened upon the house of my dreams. It was perfect. Big, roomy, 3 br, 2 ba, c-h/a, fam rm, frplc, fenced yd, with many xtras. Everything I wanted.

The only problem that we had was convincing the landlady that she wanted us in her house as bad as we wanted to be in her house. We went all out. We dressed conservative Republican. I became a full partner at the ad agency and Gordy became the news director at the television station. We cajoled, we pleaded, we lied our guts out.

Still, we sensed hesitation on her part. She just didn't know. Suddenly, I noticed all the Mormon literature she had lying about the house and, in one fell swoop, I had a grand inspiration that signaled the end of any sign of decency left in my soul. I told her we were Mormons.

She immediately warmed up to us. She said that we seemed like two nice, honest Mormon boys. She said if our references were good, the house was ours.

Oh, the elation! See, Gordy? I was right to turn down that other house. This place is perfect! We'll be so happy! I was happy! Gordy was happy! The Mormons were happy! All God's chillun were happy!

She called us the next day and told us that our references had checked out great, but she was going to rent the house to someone else. A pleasant little family that seemed to fit the house "just right" had gotten it.

We had to face it. It was all a cruel joke. They were not going to let us have the house of our dreams. What they wanted was a mommy, a daddy, 2.5 kids, and a

dog named Spot. We just didn't fit. So, after six weeks of being crowded in my tiny apartment with sweat dripping off the tips of our noses, credit check fees, waiting for no-show landlords, being promised houses then having them pulled out from under us, and having insulting aspersions cast upon us, we'd had enough.

WEEK #7: TWO NO-GOOD, DECEIVING, TOTALLY DISHONEST GUYS MAKE GOOD

I showed up at the house with my "wife" and children. Our wonderful pet, Spot, bounded playfully about the yard. I wore conservative Republican slacks and a polo shirt, just as the new chairman of the board of an ad agency would on his day off. My lovely wife and children wore sun dresses. The rental agent took one look at us and looked as if he might weep at the sheer Norman Rockwellian perfection of us. We were just perfect. We had the right equation. I had learned my lesson.

After we had signed all the necessary papers and shaken the hand of the grateful rental agent, I walked my "wife" and kids to their car. I thanked her for her help and gave her the twenty dollar bill I had promised her for being my wife for an hour. I took the dog back to my brother and called Gordy to let him know we had the place.

WEEK #8: EPILOGUE

I am sitting here in my new backyard enjoying the breeze and there is no sweat dripping off the end of my nose. I am a little anxious that the dreaded rental police will discover my deceit and come throw me out on my ear, but all in all, I have a wonderful sense of peace. I am a good tenant. I do not park my motorcycle in the kitchen and I do not have drug parties and rip wallpaper off the walls and throw it in the street. I'm the best damn tenant in the world.

Do I feel guilty? Do I feel that my quest for Mr. Goodhouse turned me from the path of honesty and goodness to a vicious liar plying my deceit on my fellow man, thus cheapening life for everyone?

Well, yeah, I do. And I also feel sad that no one trusted me while I was an honest guy. And that, to be trusted, I had to spin such a tangled web of lies and half-truths that I no longer know exactly who I am. I do feel bad.

But I learned the rules. I've got the equation down. And I'd do it all again in a minute, because I love my new house.

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A bicycle built for you

by Valerie Scott
Editorial Staff

Bianchi, Peugeot, Nichiki, Univega — choosing the right bicycle from this sea of foreign names can be overwhelming. For the first-time cyclist on a college budget, getting the most for your money is a must.

Getting the most for your money in a bicycle means avoiding costly mistakes by being prepared and knowing what you want before you buy a bike.

First, you should decide what kind of cycling you are interested in. The biggest mistake made by first-time cyclists is buying too much or too little bike for their needs. For example, Cruisers are currently very popular bikes, and many people buy them just for that reason. However, if you are planning to ride distances of more than ten miles, you will find the Cruiser is simply not built for it and you will soon become disappointed in the bike. On the other hand, if you buy a ten-speed just to run short errands on, you will find the high gear ratio and other components on this bike to be unnecessarily complicated.

After you have decided what kind of cycling you want to do, familiarize yourself with brand names known in the bicycle world, such as Raleigh, Peugeot, Bianchi, Univega and Nichiki. Even though you may pay a little more for a brand name, it is worth it in the long run. A brand name ensures that you will be able to get your bike serviced at a reputable shop and that the bike is of quality sure to hold up. A brand name also holds its resale value well. Chances are, even on a college budget, you will be able to find a brand name bike you can afford.

Finally, try to buy your bike in a shop that has a good repair business. If cyclists are patronizing a shop for maintenance and repairs, it usually means the people running the shop know bicycles. They will be able to answer all your questions, and will also make sure you get the best bike for your needs and money.

There is a bicycle made for every kind of cycling. Choosing the right one means deciding what distances you will be crossing. Here is a look at some different kinds of cycling and what kind of bicycle and components are best for each.

Short Distances

There are two kinds of bikes made for going short distances — the utility bike and the Cruiser. If you are looking for a bike to run errands on, the most you will need is a basic utility bike. The advantage to this bike is its exceptional simplicity. It usually has only one, three or five speeds; single-speed coaster brakes; steel rims and handlebars; and enclosed hubs (which are easier to use than derailleurs). These simple components make the utility bike heavier but more durable, and relatively maintenance-free.

Because of the low range of gears and the fact that it is made to ride in an upright position, the utility bike is made for going distances of five miles or less.

The best tire for this bike is the balloon tire; the wider surface area and low tire pressure put more tread on the ground and make the bike stable on gravel or wet pavement.

Utility bikes generally come with wide, sprung seats as standard equipment. However, this kind of seat forces you to sit in a position that limits your leg extension (and therefore the amount of energy you can put into pedaling). If you plan on making trips of more than three miles at a time, you should purchase a narrower seat.

For a student, there are a number of advantages to owning a utility bike. Because they are simple, they are relatively inexpensive. They are also less of a target for thieves than more expensive bikes. Since they are not complicated to ride, they are great for just hopping on and going.

Like the utility bike, the Cruiser comes equipped with low-pressure balloon tires for better traction and stability. However, the components on this bike are much more refined. It usually has five or ten speeds, hand brakes, custom frames and alloy rims. It also weighs much less than the average utility bike — around 30 pounds (about what a medium-quality ten-speed weighs).

Long Distances

The best bike for going distances is the ten-speed. This category of bikes is the most popular, and it offers more variation than any other. If you are planning on riding for distance or speed, the high gear ratios offered by the ten-speed will give you the maximum for your energy output. The frames are designed to provide true

comfort for the human body over long distances. They are ideal bikes for touring, commuting or racing.

Bottom-of-the-line ten-speeds cost between \$130 and \$225. They are manufactured with fairly heavy frames. The derailleurs, handlebars, cranksets and rims are made of steel. The tires are low-pressure.

Because of their weight (35 to 39 pounds) these bikes are not good for touring or racing. They are best used for riding distances of less than ten miles, as in commuting or light recreational cycling.

Middle-of-the-line ten-speeds, which cost between \$225 and \$350, have lighter, more efficient frames. Their components are made of alloy, rather than steel. This makes them fairly light — from 25 to 32 pounds. The tires are high-pressure, carrying 85 to 130 pounds per square inch. Higher pressure greatly reduces the rolling resistance of a tire.

These components add up to a bike that is great for commuting long distances, recreational cycling, cycle training and touring. If you are planning to use the bike for touring, you will also need to make sure to have rigid luggage carriers installed on the front and rear of the bike.

Top-of-the-line ten-, twelve-, or fifteen-speed bikes cost anywhere from \$350 to \$3000. These bikes are made specifically for racing and touring. They have alloy rims, and the other components are top-of-the-line Japanese or European products. They weigh between 21 and 26 pounds.

If you want a touring bike in this category, you will need a long, soft frame with brackets for attaching touring racks. This kind of frame gives more support for carrying loads and absorbs shock, making for a comfortable ride over long distances. The tires are high-pressure and should be a little wider than racing tires, in order to give more traction and stability.

If racing in competition is your goal, the bike you choose should have a short, stiff frame. With this type of frame, less of the cyclist's energy is absorbed into the frame. Therefore, more energy will go into moving the bike forward. The tires should be high-performance narrow tires, which put less tread on the ground. These reduce resistance and allow for greater speed.

Having made all these considerations, you should be able to choose just the bike you need within your budget. Make the first time you buy a bicycle an adventure, not a mistake. By going in prepared, you are sure to ride away satisfied.

International Studies

Not all hard work

by Erin Miller
Editorial Staff

A 56-year-old graduate student of history spent a year studying in Bradford, England.

A single mother of a 14-year-old boy studied at a London college for six months — boy in tow.

Both students were able to follow their dreams of going to school overseas through California State University International Programs (I.P.).

"It's the opportunity of your whole life. Right now I wish I were there again," said Mary Pinkstaff, the graduate student who spent a year in England.

When she applied to the program, she did not believe she would be accepted due to her age. Pinkstaff's single-mother friend thought likewise because she had a son. Willingness and a good attitude seem to overcome any possible barriers, whether imaginary or not.

Most CSU students would probably be surprised at the requirements to be qualified for an international program. I.P. does not expect all of its applicants to be cut from future-president cloth.

Applicants are required to be enrolled at a CSU or California Community College campus, have a cumulative GPA of 2.75 or 3.0 depending upon the program, have upper division or graduate standing at the time of departure, and have the necessary academic preparation, including college-level foreign language where needed.

Upon acceptance into IP, students face no overseas tuition or administrative costs, receive resident credit for all coursework, and can receive financial aid except through work study. The Office of International Programs offers planning assistance to accepted students. The cost of the programs varies from \$4,300 to \$10,000.

International Programs offers not only foreign language courses in the European countries, but marine biology in Australia, Middle East studies in Israel, language and culture in Japan, agriculture in New Zealand, and Chinese art and art history in China, among many others.

Pinkstaff considers her stay in the relatively sedate England one of the great adventures of her life.

"I did things I'd never do at home. You should never say 'no' to anything when you're there," she said.

Pinkstaff claims that her open attitude toward the British allowed her some unique opportunities.

"I was given tickets to Parliament. I

• Please see Overseas, page 19

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Zoo

• continued from page 15

be available in October for the next session, and interested parties should call the Zoo Education Center at 449-5889.

The zoo's plans for the future do not end at the Chimp Arena.

"We have a rare feline breeding center in the planning stage now," Mansfield said of the future.

The Sacramento Zoo is open 9 a.m.-4 p.m. Mon. — Fri. and 9 a.m. — 5 p.m. weekends. Admission is \$2.50 for ages 13 and older, ages 3-12 \$1.00 and children two and under are admitted for free. Admission for senior citizens 65 and older is \$1.00 and handicapped people are admitted free. For more information on any of these programs, or any questions concerning the zoo, call 449-5888 or 449-5889.

Union

• continued from page 6

hand, be it a student assistant or a full-time custodian—to watch the building every day of the year.

Another task to be taken care of is the enforcement of the food and drink ban on the second floor lobby, where the two TV lounges, music listening, the fireplace lounge, and an exhibit art gallery are located. Several students come to the second floor to study, and some want to bring snacks to munch on while cramming for their upcoming exam. Of suggestions made to the Union, this is one most frequently made by students. This need is realized and will most likely be resolved through expansion. Hopefully, the day will come when students can take food up to the second floor and watch television and study at the same time without being told to do otherwise. For now, the food/drink ban on the second floor exists in order to protect the carpeting and the upholstered furniture for the convenience of future students.

However, there is a need to expand. There were even rumblings about a second Union somewhere on campus. But Hinde sees no such thing in the near future. "That need for an additional facility will come through addition rather than change what we have," Hinde said.

Tucker also sees expansion necessary. "We're looking toward meeting the needs of students of all ages, races, organizations," he said. Such improvements would be projected as being as many as three years away.

Other functions within the building include the Intramural Athletics Office, located inside of the Student Activities; The ASI Business office where students can do everything from buy tickets to cash checks and the ASI government offices. Each of these rooms are located on the third floor.

Looking ahead to the school year, the Union is hoping to provide the additional facilities which are needed. Among those needs are more meeting rooms, more facilities for additional areas, and more lounge space.

"I see a lot of planning for the future," Tucker said. "Finding out what students would like to have in the Union and trying to meet their needs."

The zoo will offer three classes this fall through CSUS with one unit of credit available for each. All three are fee classes, and for more information contact Cheryl Winn at 449-5889.

Overseas

• continued from page 18

had picnics on trains and was invited into people's homes," she said.

Pinkstaff appreciates her stay in Bradford mostly because of the perspective it gave on her own country.

"It allowed me to look at the U.S. from another perspective — you begin to see it through their eyes and see why they think the way they do about us."

Pumpkin planting season has arrived and the race is just beginning for contestants in Nut Tree's Plump Pumpkin, Awesome Squash and Perfect Pumpkin Contest, which will be held on Saturday, October 18 in Vacaville.

The field is open for pumpkin growers from all over California and the West to have a crack at topping last year's winning Plump Pumpkin entry which tipped the scales at 257 pounds.

Everyone, young and old, is encouraged to submit an entry form to Nut Tree by October 11. The region's finest pumpkins will be available for viewing in the Pumpkin Patch on October 18 beginning at 9:00 a.m. with awards presented later in the day. Prized will be awarded based on the best shape and color of the entries in the Perfect

Pumpkin Category and based on weight for the Plump Pumpkin and Awesome Squash categories.

Nut Tree's Pumpkin Patch festival opens Saturday, September 27, marking the beginning of a five week harvest-time celebration. In addition to the Pumpkin Contest, another highlight of the festival will be the Seventh Annual Great Scarecrow Contest on Saturday, October 11. Designers of nearly 300 handmade, folk-art creations will compete for cash and merchandise prizes.

The public is welcome and admission to the Patch is free. Nut Tree is located just off I-80 at the Monte Vista exit near Vacaville. For more information contact Nut Tree, Nut Tree, California 95696, or call (707) 448-6411.

Workout

• continued from page 14

STEP FOUR:

After touring clubs and further trimming your list, return to the places you like and can afford. Bring a friend again, if possible. Make sure you go at the time you'd normally exercise. Enjoy your complimentary workout.

Your second visit to these clubs is your chance to really dig deep. Talk to members while you're there. Ask if they're satisfied with the facilities.

Look around. Are the showers clean? What about the jacuzzi? If you take a class, pay attention to the instructor. Is he or she friendly and encouraging, or obnoxious and intimidating? Is the floor too crowded to move? How would you rate your overall experience? Make more notes on your list of clubs.

STEP FIVE:

Okay, so you've spent an entire week's free time playing Ralph Nader. The time has come to make your final decision. Out of the places you especially liked, consider cost versus value. Which can give you the most for your money?

When you select "the one," buy the shortest membership possible. (If you decide to stay at the club, you can always get a good deal on a renewal membership.) Read your contract carefully; don't sign anything you don't understand.

After you've joined, go in for your first workout within 72 hours. California law states that any contract can be cancelled within three working days. So if you find out the jacuzzi is infested with piranhas within that time, you can cancel by simply calling or writing the company. (Writing is better; make a copy of your letter in case any problems arise later.)

This five-step plan does take a little time, but it insures that you'll make an intelligent choice. Finding the right club is the first battle in the fight against summer flab. With an enjoyable facility in which to combat that blubber, you'll be winning the war!



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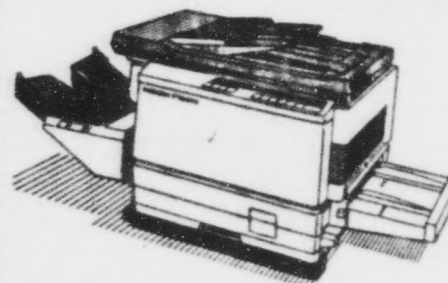
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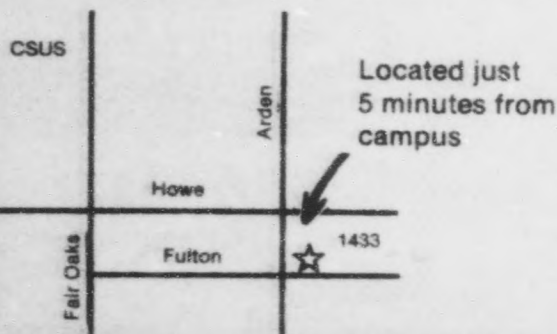
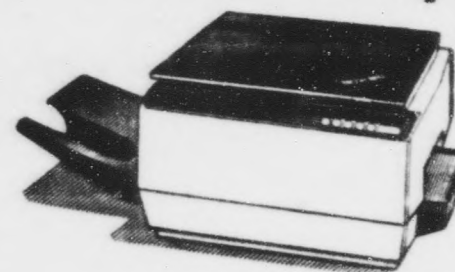
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